## LISTING OF CLAIMS

1. An elongate composite pole, or the like, comprising:

a structural elongate member having an outer tubular member, defining an elongate closed area;

a strengthening material substantially filling said elongate closed area; and an outer casing, comprised of a deformable composite material, deposited on the outside of said outer tubular member.

- 2. The elongate composite pole of claim 1, wherein said structural elongate member further comprises an inner web of strengthening members, defining a plurality of elongate closed columnar areas.
- 3. The elongate composite pole of claim 2, wherein said outer tubular member is cylindrical.
- 4. The elongate composite pole of claim 3, wherein said strengthening members are defined as radially extending ribs.
- 5. The elongate composite pole of claim 4, wherein said structural elongate member is comprised of two substantially concentric cylindrical members interconnected by, said radially extending fins.
- 6. The elongate composite pole of claim 5, wherein the volume within an inner one of said two substantially concentric cylindrical members is left unfilled for a wiring passageway.

- 7. The elongate composite pole of claim 6, wherein said strengthening material is concrete.
- 8. (Withdrawn) The elongate composite pole of claim 4, wherein said radially extending ribs of said structural elongate member are connected at their diametrical center, forming three substantially equal sectors.
- 9. (Withdrawn) The elongate composite pole of claim 8, wherein all of said sectors are filled with said strengthening material.
- 10. (Withdrawn) The elongate composite pole of claim 9, wherein said strengthening material is concrete.
- 11. The elongate composite pole of claim 1, wherein the outer casing is comprised of a composite material of 40%-60% by volume polyethylene and 60%-40% by volume ground rubber particles.
- 12. (Currently Amended) An elongate composite pole, or the like, comprising:
- a structural elongate member having an outer tubular member, and an inner web of strengthening members defining a plurality of elongate closed columnar areas;
- a strengthening material substantially filling at least some of said closed columnar areas; and
- an outer casing deposited on the outside of said outer tubular member, wherein said outer casing is comprised at least in part by ground rubber material.
- 13. The elongate composite pole of claim 12, wherein said outer tubular member is cylindrical.

- 14. The elongate composite pole of claim 13, wherein said strengthening members are defined as radially extending ribs.
- 15. The elongate composite pole of claim 14, wherein said structural elongate member is comprised of two substantially concentric cylindrical members interconnected by, said radially extending fins.
- 16. The elongate composite pole of claim 15, wherein the volume within an inner one of said two substantially concentric cylindrical members is left unfilled for a wiring passageway.
- 17. The elongate composite pole of claim 16, wherein said strengthening material is concrete.
- 18. (Withdrawn) The elongate composite pole of claim 14, wherein said radially extending ribs of said structural elongate member are connected at their diametrical center, forming three substantially equal sectors.
- 19. (Withdrawn) The elongate composite pole of claim 18, wherein all of said sectors are filled with said strengthening material.
- 20. (Withdrawn) The elongate composite pole of claim 19, wherein said strengthening material is concrete.
- 21. The elongate composite pole of claim 12, wherein the outer casing is comprised of a deformable composite material.

- 22. The elongate composite pole of claim 21, wherein the outer casing is comprised of a composite material of 40%-60% by volume polyethylene and 60%-40% by volume ground rubber particles.
- 23. (Withdrawn) A method of forming an elongate composite pole, comprising the steps of:

a structural elongate member is provided having an outer tubular member defining an elongate closed area;

an outer casing is deposited on the outside of said outer tubular member, said outer casing comprised of a deformable composite material; and subsequently,

filling said elongate closed area with a strengthening material.

- 24. (Withdrawn) The method of claim 23, wherein said structural elongate member is formed with the process of pultrusion.
- 25. (Withdrawn) The method of claim 24, wherein said structural elongate member is formed from strengthening fibers and a thermo-set resin.
- 26. (Withdrawn) The method of claim 24, wherein said outer casing is co-extruded over said structural elongate member.
- 27. The method of claim 24, wherein said structural elongate member is formed from strengthening fibers and a thermo-set resin.
- 28. The method of claim 24, wherein said outer casing is co-extruded over said structural elongate member.